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### Zydus Hospital

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# Obstructive Sleep Apnea



## Understanding Sleep Apnea

## ■ What is Obstructive Sleep Apnea (OSA)?

OSA is a common, yet often undiagnosed sleep disorder. People who have OSA stop breathing repeatedly during sleep because their airway collapses. Airway collapse may be due to such factors as a large tongue, extra tissue in the airway or decreased muscle tone holding the airway open. As a result, air is prevented from getting into the lungs.

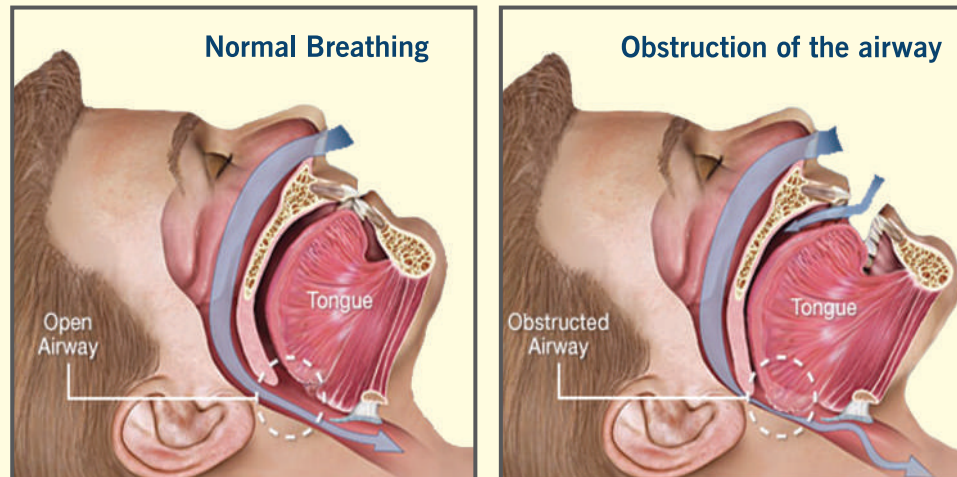
These pauses in breathing can happen 30 times or more per hour. When healthy sleep is interrupted in this way, the risk of developing

cardiovascular disease and other serious health conditions may increase.

## ■ What are the symptoms of OSA?

OSA can occur in men, women and children of all ages and sizes. Most people who have OSA do not realize they suffer from the condition. Often, it is the bed partner who notices the first signs of OSA.

If you or someone you know snores regularly and has one or more of the following symptoms, it may be OSA.



Check all of the following that apply, and share this list with your doctor.

### Key signs and symptoms include:

- Excessive daytime sleepiness
- Loud or disruptive snoring
- Gasping or choking during sleep
- High blood pressure, Diabetes
- Grogginess and morning headaches
- Frequent urination at night
- Depression and irritability
- OSA is more common in people who are obese

## ■ What happens if OSA is not treated properly?

People who do not seek diagnosis and treatment for OSA may increase their risk for:

- High blood pressure, Brain Stroke
- Irregular heart rhythms or heart disease
- Heart attack
- Diabetes & Thyroid
- Driving or work-related accidents

## ■ How is OSA diagnosed?

- Discuss sleep complaints and symptoms with your doctor
- If a sleep disorder is suspected, your doctor will refer you to a sleep specialist for evaluation
- An overnight diagnostic sleep study, known as a polysomnogram, or PSG, is used to determine the type and severity of the sleep disorder, as well as appropriate treatment